

## Healthier Options at the Food Trucks

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Load up on the veggies (lettuce, tomato, onions)–  
fresh vs. pickled to lower sodium



Select foods flavored with herbs and spices



Choose non-fried items



Select whole grains, corn-based options or brown  
rice if available



Ask the vendor to hold the cheese/cheese sauce  
or for a smaller amount



Choose hot or BBQ sauce or salsa instead of sour  
cream or tzasiti sauce to lower fat



Choose broth/tomato-based sauces over cream-  
based sauces



If available, ask for the leaner meats and veggies  
on a plate instead of on a fried shell or chips



Share an entrée with a co-worker



Select water or diet soft drink

